

# THE Messenger

Lakes, Bay & Region • January 21 2017

free weekly • also available online



1000 FREE  
HAIRCUTS  
LOCAL BARBER  
HAS BIG HEART  
AND BUSY HANDS

LEONIE: I JUST CAN'T COPE WITH THE UNFAIRNESS OF IT ALL

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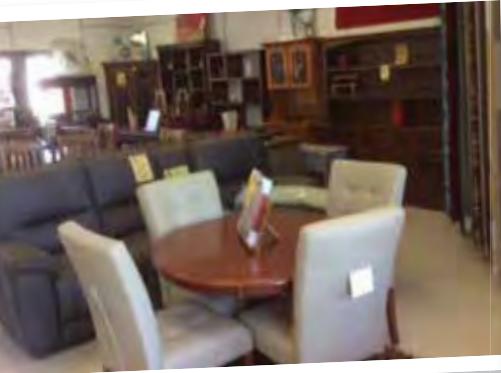


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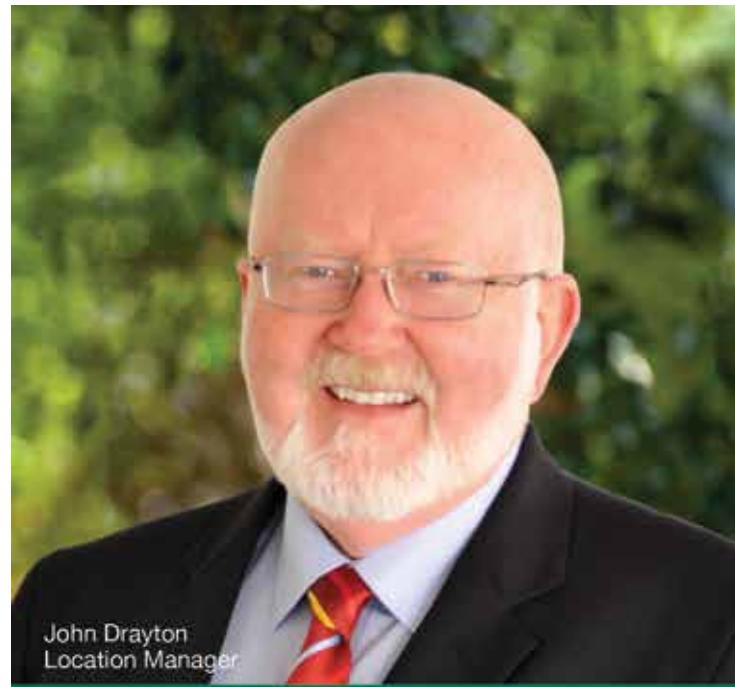
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# THE Messenger

Now in its twelfth year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.  
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## CONTACT US

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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:  
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*The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.*



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# Fresh hair, fresh start

A SCARBOROUGH BARBERSHOP ARE TAKING THEIR HOTROD HAIR STYLES TO THE STREETS, PROVIDING 1000 FREE HAIRCUTS FOR QUEENSLANDERS IN NEED



On any given night in Australia 1 in 200 people are homeless. On that same night there would be nearly 18,000 children under 10 homeless, with 402 of these children sleeping rough. Homelessness Australia defines homelessness as a person who does not have suitable alternatives to staying in improvised dwellings, tents, sleeping out or supported accommodation for the homeless.

Locally, there are nearly 20,000 homeless people in Queensland. Despite the best efforts of many local services the shelters fill up each evening and those without a place in them struggle to find a safe bed. 27 per cent of our homeless are under the age of 18 and 17 percent are under the age of 12.

For many, dignity is a notion long since forgotten.

Enter Teresa Reed (opposite left) and Danielle Hannah (right) of Scarborough based Retro barbers Jack Reed Barbershop with the idea to offer Dignity Through Transformation. The 1000 Haircuts project will offer free haircuts from a mobile barbershop (like a food truck with a barber fitout inside) across the Brisbane North and Moreton Bay region.

Danielle Hannah of Jack Reed said a good haircut can build self-image and feelings of self-worth, resulting

in a sense of dignity and positivity.

"Everyone likes to feel like they look good, but for a person experiencing homelessness a haircut can mean the difference between social isolation and inclusion," Danielle said.

"Fresh hair and a shave can feel like a fresh start, which can be a big deal to someone who's going through a pretty rough time."

"But it's also about feeling like you're part of a community. When you spend time at the barbers, it's not just about coming away looking good, you also spend time in conversation getting to know people, hearing their stories and sharing their experience."

The Messenger asked them about their inspiration.

"We both come from community care backgrounds, I've worked with homelessness and Danielle worked in age and disability care and we thought wouldn't it be cool if we could give haircuts for free to people from the trailer. We saw the government's Dignity First fund, we applied and we won," Teresa said.

Minister for Housing and Public Works Mick de Brenni said the fund was designed to encourage innovative, non-traditional ideas to help people experiencing homelessness live with dignity.

"Homelessness is a complex issue, and it requires a sophisticated response. But while we work toward longer term solutions, there are many wonderful community organisations like Jack Reed Barbershop who are helping people to live with dignity," he said.

Member for Redcliffe Yvette D'Ath said the benefit extended beyond a haircut, as the resulting confidence boost can be a catalyst for change.

"We all feel more confident after a haircut, but for someone who's experiencing homelessness the sense of self-worth and dignity that comes from a haircut can help them feel positive about the future," said Ms D'Ath.

Teresa and Danielle would like thank their sponsors Uppercut Deluxe, AMR, Trending Media Australia, Van Demons Food Vans and of course the Queensland Government for helping to get the initiative running.

To support 1000 Haircuts check out [www.jackreedbarbershop.com](http://www.jackreedbarbershop.com). There you can donate money or time (if you're suitably skilled) or you can get behind this great initiative by buying a haircut or merch. You can also follow along by finding them on Facebook or Instagram or email [jack@jackreedbarbershop.com](mailto:jack@jackreedbarbershop.com) for more info.

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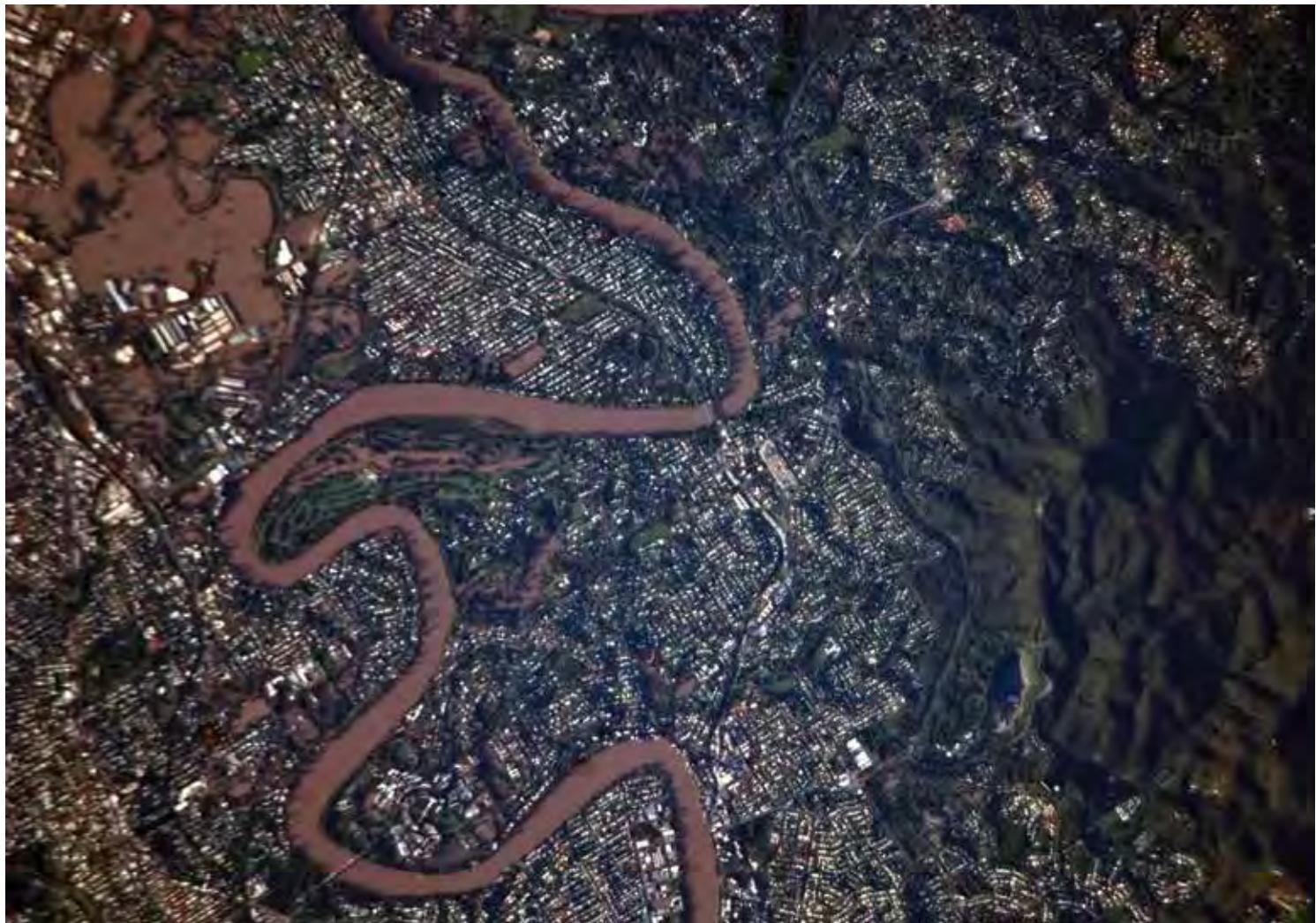
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## Extreme flooding could return in South-East Queensland

IT'S BEEN SIX YEARS SINCE THE CATASTROPHIC FLOOD SOUTHEAST QUEENSLAND. COULD THE FLOODWATERS RETURN?

History has a devastating tendency to repeat itself when it comes to extreme flooding in South-East Queensland, researchers behind a new study have warned.

The University of Queensland-led research project investigating the recurrence of extreme floods in South-East Queensland, has been released six years after the devastating 2011 floods.

Associate Professor Jacky Croke of UQ's School of Earth and Environmental Sciences said there was no place for complacency.

"History has an uncomfortable way of repeating itself," she said.

"The goal of our research was to contribute to the understanding, prediction and management of extreme flood events in the Lockyer Valley and broader South-East Queensland region."

"We discovered major floods occurred on the Lockyer Creek in 500AD, 1300 and in the 1700s – well before historical and gauging station information was available – and in the 1890s and 1970s.

"While the hydrological characteristics of the Lockyer Creek 2011 flood have been evaluated through coronial inquests, there are concerns about when the next 'big event' could occur and how other populated areas could be affected."

Associate Professor Croke said the history of river discharge records was too short to determine the likely recurrence intervals of extreme floods, but the study had reduced uncertainty in flood prediction by about 50 per cent.

"Government, industry and university colleagues worked on the Australian Research Council Linkage-funded project which reconstructed a time series of major floods for Lockyer Creek going back 2000 years.

"The study predicted river channel and floodplain susceptibility to floods in the Lockyer Valley and located areas of high risk.

"Consistently defining floodplain types, spill out zones and locations of high stream power, and aligning management actions

with the right erosion process would take SEQ a long way to better flood hazard management and downstream water quality protection."

Associate Professor Croke said findings from the project made a significant contribution to the future management of floods in the region.

"We identified actions can be undertaken to meet the future objectives of improved flood hazard mapping and 'keeping soil on the paddock' through appropriate catchment action plans," she said.

The research (<http://www.thebigflood.com.au>) will be incorporated into climate change predictions, water quality protection and river management in Australia.

The project involved researchers from Macquarie University, the University of Lincoln in the United Kingdom, the University of Wollongong, Griffith University, the Queensland Department of Science, Information Technology and Innovation, and Seqwater.

Partner organisations included the Queensland Government, Seqwater and the Lockyer Valley Regional Council.

Pictured:2011 flooding in Brisbane

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## I just can't cope with the unfairness of it all

**Hi Leonie,**

I am a divorcee at 37 and have no children to show for my 13 years marriage. My ex didn't want children and I agreed for fear of losing him. So much hurt has happened to me in the last ten years I barely know where to start.

My ex cheated on me and gambled away our savings and the house and I ended up walking away with nothing except a \$6,000 bankcard debt and a broken heart.

His family have attacked me verbally and there is this ongoing blame they throw at me for letting it all happen.

I know I should be able to get on with my life but I just can't cope with the unfairness of it all. I keep rehashing everything that has been said and done over and over.

I moved here to North Lakes for a fresh start and I have managed to get a fantastic job but I feel that recovery is still so far away for me.

It's been 13 months now and the past keeps haunting me. I lay awake thinking about everything and replaying hurtful arguments and wishing I had handled things differently and gotten out years ago.

I have reached out for professional help but found the sessions I had were of no help and I must say that person seemed to attack me by implying that I was stupid for staying so long in the first place so I won't be going back.

Would you offer some help please?

**Name withheld by request/  
North Lakes**

**Hi,**

Sometimes hurtful situations leave an imprint of mental and emotional images that just keep playing in our heads like a dreadful movie that never ends. The more we allow these movies to keep playing in a loop over and over again the further we are from the "Now" of our lives and are spending our time in the past of our lives. This means that we are not fully available to experience and enjoy present peace and happiness and are unable to plan for or entertain the idea of a bright future. When we are reliving the past we are not really in the past because the thoughts and hurt are happening in the present and by ruminating in past hurts we are actually extending the hurts so that they are still being experienced right now.

The key is to make a decision in the present moment to not entertain the thought. Mindfully track your thoughts and when you notice that you are slipping into a past experience, make a decision right there in the moment to change your focus. Deliberately think about something that is positive – your new job for example. Try imagining that the intrusive thought is a ping pong ball and imagine yourself throwing the ball up in the air and batting it away every single time you find an intrusive thought from the past coming up.

The other thing that I feel you need to do is to take responsibility for your choices. Not to beat yourself up but rather to help you set a new code of conduct for yourself where you will not tolerate any mistreatment from others regardless of the circumstances. If we imagine that we are the Managing Director of our lives and that we are solely accountable for how things turn out in our lives, it's not a big leap to see that you would sack yourself in a heartbeat if you let your life run off the rails again. The devil is in the details of our lives within every choice we make every day, every week and every year of our lives. We must be firmly installed in the driver's seat of our lives making mindful choices.

You say that your ex's family are still levelling blame at you and I have to ask why on Earth you are still giving these people access to you. The divorce has happened; the settlement has happened; there are no children to consider so I advise you to kick these bullies to the kerb immediately. Change your contact details and don't engage with any of these people on social media. In my published book Relationship Intensive Care: A practical Guide for Saving and Maintaining Your Relationship, I go into great detail about how to recover from a broken heart and a hurtful past and get on with your life. I believe that this book would be a valuable resource for you as there are just too many strategies to go into in this response.

Consider getting very determined and bloody minded about your recovery to the point where you just won't sit with these nagging thoughts for one more day.

**Til next week, Leonie**

### ABOUT LEONIE

Leonie Scilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.

E-mail: [leonieschilling@bigpond.com](mailto:leonieschilling@bigpond.com)

Leonie Schilling is a qualified private practitioner at *North Lakes Counselling Services*

For appointments please phone 3886 2715 or 0423 653 841

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Please direct questions about this free service to editor@northlakesmessenger.com.au



## BACKYARD SUMMER PARTY (BY PICNIC HILL)

Date: Thursday January 26 2017

Time: from 10am

Location: Corner of Oxley and Anzac Parades, Redcliffe

**Cost:** \$2.50 entry

The Picnic Hill team is presenting Backyard Summer Party on Australia Day this year. Celebrate summer with the JJJ Hottest 100 Countdown booming from the main stage. Other entertainment includes live graffiti art, craft beer, cocktails, bbq, dunk tank, festival rides, cricket and more! Bring your beach towels and soak up the Aussie Summer. Like Picnic Hill's other events all funds go to supporting youth at risk throughout North Brisbane.

## AUSTRALIA DAY IN REDCLIFFE

Date: Thursday January 26 2017

Time: 2.00pm - 8.00pm

Location: Suttons Beach, Redcliffe, Queensland

**Cost:** Free

Suttons Beach in Redcliffe is hosting an easy-going Australia Day event. It's family friendly and free to attend. From 2pm - 7.30pm Redcliffe stage will host a huge array of live performers including Juzzie Smith, Little Georgia, and Fat Picnic and a for the Lamington Eating Contest! On the beach in front there will be beach cricket, beach sack races and beach volleyball organised as well as Float 'n' Fun Paddle Boards and Peddle Boards. In the Garden a games are will be set up with Giant Beer Pong, Giant Jenga, Tic Tac Toe and Toilet Races. This day finishes with a fireworks display from 7.30pm.

## AUSTRALIA DAY ON BRIBIE

Date: Thursday January 26 2017

Time: 7.30am - 8.00pm

Location: Brennan Park - 2 Toorbul St, Bribie Island

**Cost:** Free

Brennan and Apex Parks on Bribie Island arte hosting Aussie Day games and activities

Starting with the traditional FREE big breakfast from 7.30am courtesy of Bribie Island Lions, Sandstone Point Lions, and Cornetts Supa IGA.

In the park there's live music, games and activities including beach cricket, beer pong, and thong throwing. On the beach there will be volleyball and and ice cream eating competition thanks to Scoopys Family Cafe finishing with fireworks from 7.30.

## AUSTRALIA DAY BY THE BAY

Date: Thursday January 26 2017

Time: 10:30am to 5:00pm

Locations: Sandgate Town Hall, Upper Moora Park Shorncliffe and Cotton Street Shorncliffe

**Cost:** Free

The day starts with a Citizenship Ceremony at Sandgate Town Hall, Seymour Street - 10.30 am (registrations from 9.30 am) then there's a big Aussie BBQ in Upper Moora Park - 1 pm to 3 pm. Don't miss the Billy Cart Races - Cotton Street, Shorncliffe - 3 pm to 5 pm.

## GREAT AUSTRALIAN BITES

Date: Thursday January 26 2017 - 28 January 2017

Time: 11:00am Thursday 2017 to 8:30pm Saturday

Location: River Quay, Southbank, River Quay Green South Bank, South Brisbane

**Cost:** Free entry, prices vary

River Quay restaurants, Aquitaine Brasserie, Cove Bar & Dining, The Jetty and Popolo Italian Kitchen, will showcase a variety of tasting plates and beverages using quality produce sourced from local suppliers for their Great Australia Bites pop-up food stalls. Relaxed seating options on the beautiful green grass, encouraging guests to get comfortable and enjoy the River Quay area and take in Brisbane's city skyline. On Australia Day, Thursday 26 January, visitors settle in for a great view of the Australia Day fireworks at 7.30 pm.

## MULTICULTURAL AUSTRALIA DAY FESTIVAL

Date: Thursday January 26 2017

Time: 12:00pm to 7:30pm

Location: 757 Gympie Road, Lawnton

**Cost:** Free

The Encircle Multicultural Festival on Australia Day is also to raise awareness of support services that are available to the community at a family friendly and fun event. Encircle has invited key services to provide information on important issues impacting people in our community e.g. homelessness, mental health, ageing population, social isolation, health and wellbeing, drugs and alcohol, domestic and family violence.

The event is also an opportunity to celebrate the diversity of our community and will showcase local artists and performers, most of which are from culturally and linguistically diverse backgrounds.

## PINK STUMPS DAY ON AUSTRALIA DAY

Date: Thursday January 26 2017

Time: 8.00am

Location: Woodside Grounds, North Lakes

**Cost:** Free

The Lakes Cricket club is holding a pink stumps day on Australia day. There will be two matches on the day. A Junior game starting at 8am and a Senior game - Australia v Internationals - starting at midday. Both games are a fun social event for family and friends, with the aim to promote cricket in North Lakes and raise money for the McGrath foundation. Donate here: <https://pinkstumpsday2017.gofundraise.com.au/page/TLCC>

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# Celebrate local heroes from Redcliffe Surf Life Saving Club this summer

SURF LIFE SAVING VOLUNTEERS TO GET GRILL'D DURING JANUARY

As Aussies flock to the beach this summer, volunteers from Redcliffe Surf Life Saving Club will be hard at work ensuring everyone can relax and enjoy the holidays.

To support these local Aussie heroes, North Lakes' residents are being called on to help raise vital funds for Redcliffe Surf Life Saving Club, and the many Surf Life Saving Aussie heroes who volunteer their time, simply by eating a Grill'd burger.

Throughout January, for every burger purchased at Grill'd North Lakes, customers will be given a token to allocate to either Surf Life Saving, St John Ambulance or the Australian Red Cross. At the end of the campaign the community group that receives the most tokens across all participating restaurants will receive \$30,000 to put towards their services, followed by \$15,000 for each runner up.

Redcliffe Surf Life Saving Club

is one of 312 clubs that together performed more than 13,000 rescues and more than a million preventative actions across Australia in the past year.

Surf Life Saving Australia National Partnerships Executive, Erin Jeffries, said "Summer is the busiest time of the year for volunteers, as thousands of beachgoers flock to the beach."

"Surf Life Saving is a community cause that relies on public donations to help save lives on the beach.

"Thousands of people are rescued every year, with many more treated for first aid.

"Surf Life Saving needs public support more than ever to help meet its core mission of zero preventable deaths on Australian beaches," said Erin.

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PIC FROM THE PAST

## The Finest Hours

DIRECTED BY CRAIG GILLESPIE

The incredibly true story, which happened in 1952 off the East Coast of New England, is my pic from the past but actually the film only came out in 2015 – therefore not too far past.

This movie is not a film where one can sit in a hushed cinema and stoically watch for the 170 minutes without a word. Watch this film with family, at home, where you can let go with the occasional scream, grab the person next to you or gasp the occasional omg or expletive. This real life situation, translated to screen, took place when a terrific storm raged in the Atlantic in freezing temperatures off the coast. The raging storm split a massive oil tanker in half – the SS Pendleton.

After the oil tanker (the two parts) was located via radar it was tracked by Daniel Cluff (played by Eric Bana) who decided a rescue attempt would be possible. A quiet man, Bernie Webber (played by the talented Chris Pine) of the Massachusetts's Coast Guard, stepped forward and agreed to take a small motorised boat out, past the dangerous Chatham Bar and attempt the rescue. Three men volunteered to go with him. Many of the older, experienced seamen refused to volunteer advising it was a suicide mission.

Hence we are taken into an ordeal of survival. Getting over the dangerous Chatham Bar was a feat in itself. When the massive tanker is located the view is horrifying. Towering over the volunteers the initial thought it is a ghost ship – then lights and torches appear along the top level of the frightening vessel. It was daunting for the volunteers to find that there were 32 survivors and that their small boat was built for a maximum of 12. It was suggested they take as many as possible and attempt to return for a further rescue. Bernie refused saying that he would not leave anyone on that stricken tanker. "They all come," he said. "We all live. Or we all die."

A young engineer, Ray Sybert (played by Casey Affleck – yes he has a brother named Ben). The young engineer is credited with stabilising the half tanker long enough for a possible rescue attempt. When the captain of the tanker asks Sybert to speak with the men Sybert replies that the men don't like him. The captain said "they don't like you – but they will listen to you."

I had not been aware of this story and it rightfully deserves all recognition it can get in history. Bernie Webber was honoured and the rescue still stands today as the greatest sea rescue by a small boat in history. It was disappointing to read in the aftermath, jealousy set in, and many of Bernie's colleagues and officers shunned him – but I would imagine that those rescued would not be in the awful group. The film makes the viewer realise that a hero is not necessarily about macho strength. In this story it is a quiet man with resilience, compassion for others and determination who is the hero.

As the credits roll, authentic photographs of the people involved appear. The romance depicted in the film was basically the truth (only the marriage had already taken place a year previously).

I'm giving this film 4 stars.

see more at [www.facebook.com/AngeDeanFilmReviewer](http://www.facebook.com/AngeDeanFilmReviewer)

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# Swap office 'cake culture' for hugs and smiles experts say

**WRITES DR ANITA GREEN**

As many of us return to work with fresh ambition for a healthier lifestyle in 2017, health experts are warning that our habitual office 'cake culture' is plating up a series of health challenges, and should be swapped for a friendly gesture like a hug.

Experts including the Faculty of Dental Surgery at England's Royal College of Surgeons are concerned that the workplace is increasingly becoming the place where people consume the most sugar, contributing to the obesity epidemic and poor oral health.

Tam Fry, spokesperson for the National Obesity Forum, told UK newspaper The Telegraph foods like cakes and confectionary should not be seen as a treat or reward.

"You may not know who in your office is secretly dieting in which case they won't appreciate your gesture: if you do know, you're plainly malicious."

"If you want to give them anything, give them a smile, a hug or both," Mr Fry said.

While such a suggestion may be a slap in the face to those who like to have their cake and eat it too, many of us need to consider ways to improve our diets, with 52 per cent of adults in the North Brisbane and Moreton Bay region considered overweight or obese.

This is an unpleasant but somewhat unsurprising truth, bolstered by a 2015 CSIRO study which reported that Australians consume an average equivalent of 32 kilograms of chocolate per year.

Professor Nigel Hunt, Dean of the Faculty of Dental Surgery at England's Royal College of Surgeons, has previously raised concern that excessive consumption of sugary treats in the workplace is contributing to tooth decay in adults.

"The idea of cake culture in workplaces really seemed to strike a chord when the Faculty first raised it as an issue."

"We all recognise it, managers want to reward their staff for their efforts, colleagues want to celebrate special occasions and workers want to bring back a gift from their holidays."

Professor Hunt says a culture change is necessary, to encourage healthy eating and help workers avoid caving in to sweet temptations such as cakes, sweets and biscuits.

With this in mind, the Faculty of Dental Surgery has developed five top tips for workers and employers to help cut back on sugar in the workplace:

- 1. Consider low sugar alternatives:** colleagues appreciate it when someone takes the time to buy treats for the team. But rather than buying sugary goods like biscuits and sweet, consider substituting them for low sugar alternatives.
- 2. Reduce portion sizes:** Think about reducing portion sizes- choose the small bag rather than the big one.
- 3. Avoid snacking and keep sugar as a lunchtime treat:** if someone does bring cake or sweets to the office, avoid snacking throughout the day and only consume sugary goods at lunchtime. Not only does this help reduce your overall sugar intake, it's also much better for your teeth.
- 4. Develop a sugar schedule to help limit your team's sugar intake:** there may be times when cake keeps appearing in the office, as birthdays or other events seem to be happening almost every day. One way to limit sugar consumption at such times is to organise a sugar schedule. For example, if there are birthdays on Monday, Tuesday and Thursday, arrange to have a cake at Friday lunchtime to celebrate all three, rather than on each day.
- 5. Location, location, location- think carefully about where cake and sugar is positioned:** research suggests that people will eat more sweets if they are nearby and visible than if they are placed further away. Therefore, think about where sugary products are positioned in the office and put them out of eyesight.

For more information on how to make positive changes for a healthier lifestyle, visit [www.healthier.qld.gov.au](http://www.healthier.qld.gov.au)



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## ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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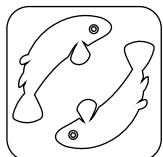


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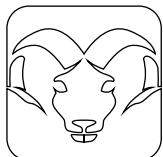
# YOUR STARS



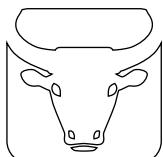
Aquarius Jan 21-Feb 19: Once again it's time to pick up the reins of your finances. You've been letting things trot along for too long. Pull- but not too tight.



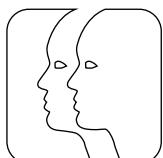
Pisces Feb 20-March 20: Don't get stuck in details. Lift peoples sights so that they take in the big picture. It's the best way to establish common ground.



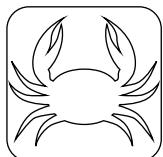
Aries march 21-April 20: Just when you're ready to close the book on a relationship, it shows promise. Giving someone a second chance isn't so bad after all.



Taurus April 21-May 21: Sometimes first impressions should give way to second and third ones. Revisit an assumption that no longer holds true. You misjudged.



Gemini May 22-June 21: You tend to target what's missing. Praise what's there instead. People concentrate when made to feel like they're doing something right.



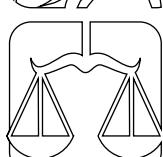
Cancer June 22-July 23: Would you be happier elsewhere? You don't usually look past the backyard, but the prospects worth considering- especially when someone asks.



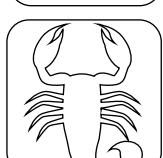
Leo July 24-Aug 23: There's no way to know what you're getting yourself into beforehand. All you can do is sign on, hope for the best, and trust in happy endings.



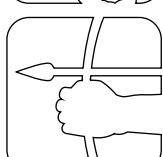
Virgo Aug 24-Sept 23: At first you may suspect a hidden agenda, but friends and loved ones want to make up for the heavy demand they made. Take them up on it.



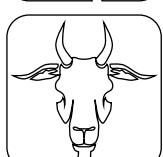
Libra Sept 24-Oct 23: A promise isn't a promise until it's fulfilled. Gently prod a certain someone towards honouring their commitment. You've waited long enough.



Scorpio Oct 24- Nov 22: You're looking at a huge outlay of money. Study what you gain in return. Not only is it well worth it, but you come out ahead in the end.



Sagittarius Nov 23-Dec 21: An unexpected offer throws off your timetable. It's tempting to skip it, but don't, you achieve a lot over the next few days.



Capricorn Dec 22-Jan 20: Hold your tongue. That person you think is mucking around could be doing you an enormous favour. Wait to see how things play out.

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**NINE**

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra Summer. (PG) **10.30** Cycling. Santos Tour Down Under. Stage 5. McLaren Vale to Willunga Hill. 151.5 km. **3.00** The Wildlife Man Featuring David Ireland. **3.30** The Wild Life Of Tim Faulkner. (PG) **4.00** Brisbane: Australia's New World City. (PG) **4.30** The Gurus Explore Canada. **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Movie: Muriel's Wedding. (PG) (1994) **9.10** Movie: The Adventures Of Priscilla, Queen Of The Desert. (M) (1994) **11.20** Cycling. Santos Tour Down Under. Stage 5. McLaren Vale to Willunga Hill. 151.5 km. Highlights. **12.20** The Last Ship. (M) **2.00** TV Shop. **2.30** Movie: Scars Of Dracula. (M) (1970) **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

**GO!**

**6.00** Children's Programs. **12.00** Move It. **12.30** SpongeBob. **1.00** Sonic Boom. (PG) **1.30** Power Rangers Dino. (PG) **2.00** Clarence. (PG) **2.30** Surfing Australia TV. **3.00** Gumball. (PG) **3.30** We Bare Bears. (PG) **4.00** Justice League Unlimited. (PG) **4.30** Movie: Pokémon The Movie: Genesect And The Legend Awakened. (G) (2013) **6.00** Movie: Scooby-Doo! Stage Fright. (G) (2013) **7.30** Movie: Superman III. (PG) (1983) **10.00** Gotham. (MA15+) **12.00** Adult Swim. (M) **12.30** Robot Chicken: Star Wars Episode III. (M) **1.30** Constantine. (M) **2.30** Surfing Australia TV. **3.00** Power Rangers Dino. (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

**SEVEN**

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Tennis. Australian Open. Day 6. **6.00** News. **7.00** Tennis. Australian Open. Night 6. **11.30** The Goldbergs. (PG) Erica and Barry help Lainey plan a big house party inspired by the movie Risky Business. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. **1.00** Young, Lazy And Driving Us Crazy. (PG) Final. The winner is announced. **2.00** Shopping. **4.00** It Is Written. (PG) Religious program. **4.30** Sons And Daughters. (PG) Alison and Susan come face to face. **5.00** Sons And Daughters. (PG) Doug's romantic plans go wrong. **5.30** Harry's Practice.

**7TWO**

**6.00** Home Shopping. **8.00** House Calls To The Rescue. Johanna Griggs and the team tackle a bedroom nightmare and set out to move one of Australia's biggest beds. **9.00** Tennis. Australian Open. Day 6. From Melbourne Park. **6.00** Tennis. Australian Open. Night 6. From Melbourne Park. **10.00** Tennis. 2007 Australian Open. Semi-final. Roger Federer v Andy Roddick. Replay. From Melbourne Park. **12.00** Some Mothers Do 'Aye 'Em. (PG) Frank and Betty decide to take a second honeymoon to the seaside. **1.00** Psychic TV. (M) A look at the world of psychics. **4.00** House Calls To The Rescue. Hosted by Johanna Griggs. **5.00** The Great Outdoors. See the tulip fields of Holland.

**TEN**

**6.00** Fishing Edge. **6.30** Everyday Gourmet. **7.00** iFish. **8.00** Family Feud. **8.30** Jamie's 15-Minute Meals. **9.00** Crash The Bash. **9.30** St10. (PG) **10.30** Cricket. Women's Big Bash League. Game 9. Hobart Hurricanes v Melbourne Stars. **2.00** RPM: Summer Series. **3.00** Cricket. Big Bash League. Game 31. Hobart Hurricanes v Perth Scorchers. **6.15** Cricket. Big Bash League. Game 32. Melbourne Stars v Sydney Sixers. **10.00** MacGyver. (M) Using only a spanner and rope, MacGyver must diffuse a bomb set near the United Nations building. **11.00** Elementary. (M) A professional sceptic is murdered. **12.00** 48 Hours. (M) **1.00** 48 Hours. (M) **2.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

**ONE**

**6.00** Shopping. **8.00** Cricket. Big Bash League. Game 30. Brisbane Heat v Melbourne Renegades. Replay. **12.00** All 4 Adventure. (PG) **1.00** Highlander. (PG) **2.00** Monster Jam. **3.00** The Offroad Adventure Show. **4.00** 4x4 Adventures. **5.00** M\*A\*S\*H. (PG) **5.30** iFish Summer. **6.00** Last Man Standing. (PG) **7.00** Freddie Flintoff: Lord Of The Fries. (PG) **8.00** The Life Of Mammals. (PG) **9.00** 48 Hours. (M) **10.00** Movie: Skin Deep. (2015) Zara Zoe. **11.40** The Glades. (M) **1.40** Bellator MMA. (M) **3.40** Daryl Beattie Adventures: The Simpson Desert. **4.10** Whacked Out Sports. (PG) **5.00** Cricket. Women's Big Bash League. Game 9. Hobart Hurricanes v Melbourne Stars. Replay.

**ABC**

**6.00** Rage. (PG) **10.00** Rage: Retro Month. (PG) **11.00** To Be Advised. **11.40** Auction Room. **12.10** Miss Fisher's Murder Mysteries. (M) Final. **1.05** Vera. (M) **2.40** Trust Me I'm A Doctor. **3.30** Arthur Phillip: Governor, Sailor, Spy. **4.00** Two On The Great Divide. (PG) **5.00** Rick Stein: From Venice To Istanbul. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** Miniseries: Doctor Thorne. (PG) **8.20** Sherlock. (M) **9.50** Foyle's War. (M) **11.20** Green Planet. (M) Final. **12.00** Rage: Retro Month. (MA15+) **5.00** Rage. (PG)

**ABC2**

**6.00** Children's Programs. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.05** Octonauts And The Amazon Adventure. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Penn & Teller: Fool Us. (PG) **9.10** Live At The Apollo. (M) **10.00** Comedy Next Gen. (MA15+) **11.00** Black Books. (PG) **11.25** Archer. (M) **11.45** twentysomething. (M) **12.15** twentysomething. (M) **12.40** Wednesday Night Fever. (M) **1.10** Wednesday Night Fever. (M) **1.40** Wednesday Night Fever. (PG) **2.10** News Update. **2.15** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Toby's Travelling Circus. **5.45** The WotWots.

**SBS**

**6.00** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Grand Prix Grand Final. Pairs and Women's Singles competitions. **3.30** Alexander's Lost World. (PG) **4.30** Treasures Of Ancient Egypt. **5.30** Bon Appetit! Gérard Depardieu's Europe. (PG) **6.30** SBS World News. **7.35** Hitler's Secrets. **8.30** Movie: Dead Europe. (MA15+) (2012) **10.00** Soccer. EPL. Liverpool v Swansea. **12.50** Undressed. **1.20** Undressed. **1.50** Raymond Blanc: How To Cook Well. Final. **2.20** Mad Men. (M) **3.10** Mad Men. (M) **4.05** Mad Men. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

**SBS VLND**

**6.00** WorldWatch. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 16. Sydney FC v Adelaide United. Replay. **3.10** Billy On The Street. (PG) **3.40** Inhuman Kind. **4.15** Larping Saved My Life. **4.40** Cyberwar. (PG) **5.10** Dead Set On Life. **5.40** Balls Deep. (PG) **6.05** Maternity Leave. (PG) **7.00** If You Are The One. **8.30** Movie: Alien 3. (MA15+) (1992) **10.40** Movie: The Descent. (MA15+) (2005) **12.25** Maternity Leave. (PG) **1.15** Noisy. (M) **1.40** Noisy. (M) **2.05** Bare Knuckle. (M) **2.35** 365: Every Day Docos. **2.40** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

**MOVIES**

**6.40pm** Zoolander 2 (2016) Comedy. Ben Stiller, Owen Wilson. (M) **Premiere**

**8.30pm** Man Of Steel (2013) Action. Henry Cavill, Russell Crowe, Amy Adams. (M) **Action**

**10.25pm** I Love You, Man (2009) Comedy. Paul Rudd, Jason Segel. (MA15+) **Comedy**

**GENERAL**

**7.30pm** Doc Martin. (PG) **UKTV**

**8.00pm** The Herbert Brothers. (PG) **A&E**

**9.30pm** Teen Wolf. **FOX8**

**DOCUMENTARY**

**7.30pm** Where The Wild Men Are With Ben Fogle. (M) **BBC Knowledge**

**7.30pm** Wives With Knives. (M) **Crime & Investigation**

**9.20pm** Hell's Kitchen. (MA15+) **Lifestyle Food**

**SPORT**

**5.30pm** Basketball. NBL. Round 16. Brisbane Bullets v Melbourne United. **Fox Sports 3**

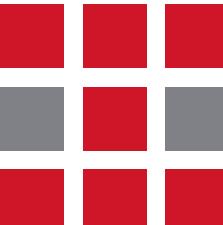
**7.45pm** Soccer. A-League. Round 16. Perth Glory v Melbourne Victory. **Fox Sports 4**

**8.00pm** Golf. European PGA Tour. Abu Dhabi Championship. Third round. **Fox Sports 1**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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**NINE**

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** Surfing. World League. Men's Championship Tour. Billabong Pipe Masters. Highlights. **11.30** World's Best Beaches. **12.30** Cricket. One Day International Series. Australia v Pakistan. Game 4. Afternoon session. **5.00** Customs. (PG) **5.30** Cricket. One Day International Series. Australia v Pakistan. Game 4. Evening session. **6.00** Nine News. **6.30** Cricket. One Day International Series. Australia v Pakistan. Game 4. Evening Session. Continued. **9.20** 60 Minutes. **10.20** Cycling. Santos Tour Down Under. Final stage. King William Street to King William Street. 90km. Highlights. **11.20** Public Morals. (MA15+) **12.20** The Last Ship. (M) **1.20** Nine Presents. **1.30** Late Programs.

**GO!**

**6.00** Children's Programs. **11.00** Nexo Knights. (PG) **11.30** Ninjago: Masters Of Spinjitzu. (PG) **12.00** LEGO Friends. **12.30** SpongeBob. **1.00** Sonic Boom. (PG) **1.30** Power Rangers Dino. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Gumball. (PG) **3.30** We Bare Bears. (PG) **4.00** Justice League Unlimited. (PG) **5.00** Thunderbirds Are Go. (PG) **5.30** Movie: The Secret Garden. (G) (1993) **7.30** Movie: Take The Lead. (PG) (2006) **9.50** Movie: Save The Last Dance. (M) (2001) **12.00** Adult Swim. (M) **12.30** The Venture Bros. (MA15+) **1.00** Car SOS. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

**SEVEN**

**6.00** Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Tennis. Australian Open. Day 7. **6.00** News. **7.00** Tennis. Australian Open. Night 7. **11.30** The Goldbergs. (PG) Adam makes a mixtape to express his feelings for Dana, only to have it intercepted by Beverly. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. Two couples join forces to start a new life in the heart of wine-growing Victoria. **1.00** Packed To The Rafters. (PG) Julie and Dave struggle to forgive each other. **2.00** Shopping. **3.30** Harry's Practice. Information about pet care. **4.00** NBC Press. Hosted by Chuck Todd. **5.00** News. **5.30** Sunrise.

**7TWO**

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Tennis. Australian Open. Day 7. **10.00** Inside Volleyball. **10.30** Travel Oz. (PG) **12.00** The Art Of The Architect. **3.00** The Food Trail. **4.00** Annabel Langbein: The Free Range Cook. **4.30** Cook Me The Money. (PG) **5.30** Air Rescue. (PG) **6.00** Tennis. Australian Open. Night 7. **7.00** Border Security: International. (PG) **7.30** Border Security USA. (PG) **8.00** Border Patrol. (PG) **8.30** Escape To The Country. **9.30** The Art Of The Architect. (PG) **10.30** Original Features. **11.30** Storage Hoarders. **12.30** Psychic TV. (M) **3.30** Late Programs.

**TEN**

**6.00** Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Animal Extra. **9.30** St10. (PG) **12.00** Being Me: Sam. (PG) **12.30** Ben's Menu. (PG) **1.00** The Offroad Adventure Show. **2.00** 4x4 Adventures. **3.00** iFish Summer. **4.00** What's Up Down Under. **4.30** Seafood Escape With Andrew Ettingshausen. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Movie: The Best Exotic Marigold Hotel. (PG) (2011) Judi Dench. **9.30** Movie: The Monuments Men. (PG) (2014) George Clooney, Matt Damon. A platoon retrieves artistic masterpieces. **11.50** **48** Hours. (M) **12.50** **48** Hours. (M) **2.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

**ONE**

**6.00** Cricket. Women's Big Bash League. Game 9. Hobart Hurricanes v Melbourne Stars. Replay. **8.30** Cricket. Big Bash League. Game 31. Hobart Hurricanes v Perth Scorchers. Replay. **12.00** Whacked Out Sports. **12.30** Operation Repo. **1.00** Car Torque. **1.30** Car Torque. **2.00** Monster Jam. **3.00** Undercover Boss. **4.00** 4WD Touring Australia. **5.00** Avon Descent. **5.30** iFish Summer. **6.00** Family Feud: Sunday. **6.30** M\*A\*S\*H. **7.30** Numb3rs. **8.30** Tiger: Spy In The Jungle. **9.30** Movie: All Good Things. (MA15+) (2010) **11.35** Moments Of Impact. **12.35** World Sport. **1.05** The Americans. **2.00** RPM: Summer Series. **3.00** Operation Repo. **3.30** Monster Jam. **5.30** Whacked Out Sports.

**ABC**

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **10.00** Offsiders: Summer Edition. **10.30** Australia Wide Special. **11.00** Compass. **11.30** Praise. **12.00** A Taste Of Landline. **12.30** Back Roads. (PG) **1.00** Richard Hammond Builds A Universe. Final. **2.00** Soccer W-League. Round 13. Western Sydney Wanderers v Canberra United. **4.30** To Be Advised. **5.10** Miniseries: Doctor Thorne. (PG) **6.00** Tomorrow When The War Began. (PG) **6.50** Children's Programs. **7.00** ABC News Sunday. **7.40** Grand Designs. (PG) **8.30** Midsomer Murders. (M) **10.00** Movie: Citizenfour. (M) (2014) **11.50** The Tunnel. (MA15+) **12.40** Rage. (MA15+) **1.25** Midsomer Murders. (M) **2.55** Movie: Citizenfour. (M) (2014) **4.45** New Inventors. **5.15** Pointless.

**ABC2**

**6.00** Children's Programs. **4.10** Miffy's Adventures Big And Small. **4.20** Q Pootle 5. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.00** Shaun The Sheep. **5.30** Get Grubby TV. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.00** Room On The Broom. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** House Of Surrogates. (M) **10.00** Louis Theroux: The Ultra Zionists. (M) **11.00** Prostitution: What's The Harm? (MA15+) **12.00** Make Me Young: Youth Knows No Pain. (M) **1.30** Wild Things With Dom Monaghan. (PG) **2.15** News Update. **2.20** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

**SBS**

**6.00** WorldWatch. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Liverpool v Swansea. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 16. Cairns Taipans v Illawarra Hawks. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.35** WWII Air Crash Detectives. (PG) **6.30** SBS World News. **7.30** The Great Pyramid. **8.30** Egyptian Vice. **9.20** Terror In Europe. **10.25** End Of The Solar System. **11.25** Operation Grand Canyon With Dan Snow. (PG) **12.35** Inside The Chinese Closet. **1.40** Movie: Castaway On The Moon. (M) (2009) **3.50** The Network. (M) **4.55** Rachel Khoo Bitesize. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

**SBS VLND**

**6.00** WorldWatch. **9.00** PopAsia. **10.00** WorldWatch. **1.00** VICE News Tonight. **1.30** VICE News Tonight. **2.00** Battle For Money. **3.40** Maternity Leave. (PG) **4.30** VICE. (PG) **5.00** Cyberwar. (PG) **5.25** Balls Deep. (PG) **5.55** Dead Set On Life. (PG) **6.25** Vs Arashi. **7.15** If You Are The One. **8.30** VICE. (M) **9.00** VICE. (M) **9.30** Drunk History. Return. **10.00** Drunk History. **10.25** Full Frontal. (M) **10.55** South Park. (MA15+) **11.20** Noisy. (M) **11.50** Noisy. (M) **12.15** VICE. (M) **12.45** VICE. (M) **1.20** Gay Conversion Therapy. (M) **2.10** Black Market: Dispatches. (M) **2.40** Stoned Moms. (M) **3.05** F\*ck That's Delicious. **3.35** 365: Every Day Docos. **3.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** WorldWatch.

**MOVIES**

**6.20pm** **Philadelphia** (1993) Drama. Tom Hanks, Denzel Washington. (PG) **Masterpiece** **8.30pm Prometheus** (2012) Sci-fi. Noomi Rapace, Michael Fassbender. (M) **Action** **11.05pm In Bruges** (2008) Crime. Colin Farrell, Brendan Gleeson. (MA15+) **Masterpiece** **GENERAL** **7.30pm Let It Shine.** (PG) UKTV **8.00pm Fresh Off The Boat.** (PG) FOX8 **8.30pm Just For Laughs Australia.** (MA15+) Comedy Channel **DOCUMENTARY** **7.30pm Blowing Up History.** (PG) Discovery **7.35pm Matthias Fetscher: Piano Recital.** Foxtel Arts **SPORT** **3.00pm Basketball.** NBL. Round 16. Cairns Taipans v Illawarra Hawks. Fox Sports 3 **5.00pm Soccer.** A-League. Round 16. Western Sydney Wanderers v Newcastle Jets. Fox Sports 4 **7.30pm Golf.** European PGA Tour. Abu Dhabi Championship. Final round. Fox Sports 1

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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# Brisbane Rugby Tens

14 OF THE BEST RUGBY TEAMS ON THE PLANET AND THE GAME'S BIGGEST STARS ARE ABOUT TO STORM BRISBANE

Rugby superstar Israel Folau is counting the days until the biggest rugby event ever to hit Queensland. Folau, who will play for the Waratahs in the inaugural tournament over February 11 and 12 at Suncorp Stadium, grew up in Brisbane.

"Growing up here [in Brisbane] and having some great memories – especially of Suncorp Stadium – for me it will be pretty special to run out in front of a great crowd and play against some of the world's best players," Folau said.

"We're expecting fans to dress up and be vocal and make some noise. Not only are [fans] going to be having fun, but it is going to be great for the players as well."

The former Queensland Origin star and AFL player said he was looking forward to trying out rugby Tens for the first time.

"It'll be my first taste of Tens and I

am certainly looking forward to getting out there," Folau said.

"The skill level is going to be very high and you'll see a lot of tries with the space that is going to be available out there."

The 2017 tournament will feature the ten professional Super Rugby franchises from Australia and New Zealand as well as French powerhouse club Toulon, Japan's Panasonic Wild Knights, South Africa's Blue Bulls and the Samoan international team - with over 300 of the best rugby players on the planet on show.

Teams will compete for prize and appearance money totaling \$1.6 million dollars over two action-packed days.

Rachael Carroll, chief executive of tournament founder Duco Australia, said the countdown was well and truly on to what would be the biggest sporting event of the Queensland summer.

"Brisbane is about to come alive for what is a truly international festival of rugby," Ms Carroll said.

"I think people will be surprised by the sheer scale of this event. We've got 14 of the best rugby teams on the planet chock full of the game's biggest stars all descending upon Brisbane for an entire week. The entertainment on and off the pitch



is sure to exceed expectations – and those expectations are already pretty darn high," she said.

Along with Folau, other stars players to have already confirmed their attendance include All Blacks Israel Dagg (Crusaders), Jerome Kaino and Rene Ranger (Blues) and St George Reds stars Karmichael Hunt and Taniela Tupou and returning legend Chris Latham.

For more info and tickets visit the official Brisbane Global Rugby Tens website [www.brisbaneglobaltens.com](http://www.brisbaneglobaltens.com) or <http://www.ticketek.com.au/BrisbaneTens>

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LEONIE SCHILLING

**NINE**

**6.00** Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Big Girls Don't Cry... They Get Even. (PG) (1992) Griffin Dunne, Dan Futterman. A girl runs away from home. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Lethal Weapon 3. (M) (1992) Mel Gibson, Danny Glover, Joe Pesci, Rene Russo. Two mismatched cops try to catch a crooked former policeman who is running an arms racket. **11.00** CSI: Crime Scene Investigation. (M) **12.00** Rizzoli & Isles. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** My Surf TV. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

**GO!**

**6.00** Children's Programs. **12.00** Movie: Yo-Kai Watch: The Movie. (PG) **2014** **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.00** Top Gear. (PG) **9.30** Movie: Sabotage. (MA15+) (2014) **11.30** Two And A Half Men. (PG) **12.00** Undateable. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** PokéMon. **3.00** Movie: Yo-Kai Watch: The Movie. (PG) (2014) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

**SEVEN**

**6.00** Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 8. **6.00** News. **7.00** Tennis. Australian Open. Night 8. **11.30** The Goldbergs. (PG) Adam auditions for the lead role in the school musical, Jesus Christ Superstar. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. (PG) Things heat up for two couples in country Victoria. Paul breaks his hand in a fit of temper. **1.00** Packed To The Rafters. (PG) Ben decides it is time to move on from Mel and start the next chapter in his life with Emma. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

**7TWO**

**6.00** Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Australian Open: Highlights. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** The Zoo. **12.00** Dr Oz. (PG) **1.00** The Food Trail. **2.00** Cook Me The Money. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 8. **7.00** Nabbed. (PG) **7.30** Rosemary & Thyme. (PG) **8.30** Foyle's War. (M) **10.30** Air Crash Investigation. (PG) **11.30** Tennis. 2007 Australian Open. Quarter-final. Serena Williams v Shahar Peer. Replay. **2.00** Nabbed. (PG) **2.30** Auction Squad. **3.30** Dr Oz. (PG) **4.30** The Food Trail. **5.30** Late Programs.

**TEN**

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud: Sunday. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** All-Star Family Feud. (PG) Hosted by Grant Denyer. **8.30** Movie: Star Trek Into Darkness. (M) (2013) Chris Pine, Zachary Quinto, Zoe Saldana. The Enterprise deals with a terrorist. **11.05** The Project. **12.05** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

**ONE**

**6.00** Home Shopping. **8.00** Cricket. Big Bash League. Game 32. Melbourne Stars v Sydney Sixers. Replay. From the MCG. **12.00** M\*A\*S\*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: Under Siege 2. (M) (1995) Steven Seagal, Eric Bogosian, Katherine Heigl. **10.35** The Crazy Ones. (M) **11.35** Diagnosis Murder. (M) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Diagnosis Murder. (M) **4.00** Jake And The Fatman. (PG) **5.00** Star Trek: The Next Generation. (PG)

**ABC**

**6.00** News. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Australian Story. **11.00** Tractor Monkeys. **11.30** From The Heart. Final. **12.00** News At Noon. **1.00** Grand Designs. (PG) **2.00** The School. (M) **3.00** The Cook And The Chef. **3.30** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** ABC News: Early Edition. **5.30** Tony Robinson's Time Walks. **6.00** QI. **6.30** The Checkout. **7.00** ABC News. **7.30** **7.30**. **8.00** Back Roads. **8.30** Four Corners. **9.20** Fake Or Fortune? **10.25** Revolution School. (PG) **11.25** Golf. PGA Tour. CareerBuilder Challenge. Highlights. From Stadium Course, La Quinta, California. **12.20** Rage. (MA15+) **3.30** Four Corners. **4.15** Tony Robinson's Time Walks. **4.45** The New Inventors. **5.15** Pointless.

**ABC2**

**6.00** Children's Programs. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Louis Theroux: Miami Mega Jail. (M) **9.30** Reggie Yates: Inside The Billionaire's Wardrobe. (MA15+) **10.30** Raw Nerve. (M) **10.40** Peep Show. (M) **11.05** House Of Surrogates. (M) **12.35** Make Me Young: Youth Knows No Pain. (M) **2.05** Peep Show. (M) **2.25** News Update. **2.30** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

**SBS**

**6.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Magic Of The Movies. **3.00** Hidden Killers Of The Edwardian Home. (PG) **4.00** Dogs: Their Secret Lives. **4.55** Living Black. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. (PG) **8.30** Simon Reeve's Caribbean. (M) **9.35** Undressed. **10.05** Undressed. **10.40** SBS News. **11.10** The World Game. **11.40** Spiral. (MA15+) **12.40** Spiral. (M) **1.40** Mad Men. (M) **2.35** Mad Men. (M) **3.30** Mad Men. (PG) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

**MOVIES**

**6.50pm** **The Boy In The Striped Pajamas** (2008) War. Asa Butterfield, David Thewlis, Vera Farmiga. (M) **Masterpiece** **8.30pm** **A Beautiful Mind** (2001) Biographical. Russell Crowe, Jennifer Connelly, Paul Bettany. (M) **Masterpiece** **10.15pm** **Runaway Bride** (1999) Romance. Julia Roberts, Richard Gere, Joan Cusack. (PG) **Romance** **GENERAL** **7.30pm** **American Pickers**. (PG) **A&E** **8.30pm** **New Tricks**. (M) **UKTV** **9.30pm** **Motorway Patrol**. (PG) **FOX8** **DOCUMENTARY** **7.30pm** **Coast Australia**. (PG) **History** **8.30pm** **Snapped: Killer Couples**. (M) **Crime & Investigation** **9.00pm** **Bringing Up Bates**. (PG) **TLC** **SPORT** **6.00pm** **Rewind: Aussie Victories**. **Fox Sports 2** **7.30pm** **Golf**. USPGA Tour. CareerBuilder Challenge. Final round. **Fox Sports 1** **9.00pm** **Cycling**. Six-Day Track Championship. Day 4. **Eurosport**

**TV GUIDE****GO!**

**6.00** Children's Programs. **12.00** Movie: Yo-Kai Watch: The Movie. (PG) **2014** **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.00** Top Gear. (PG) **9.30** Movie: Sabotage. (MA15+) (2014) **11.30** Two And A Half Men. (PG) **12.00** Undateable. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** PokéMon. **3.00** Movie: Yo-Kai Watch: The Movie. (PG) (2014) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2301



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# I just found Termites... What next?



A homeowner's worst nightmare comes to life when they accidentally stick their hand through a windowsill, skirting board or doorframe and find live termites. Not knowing what to do, most people panic and often spray the termites with fly spray or other household products. However most homeowners' don't realise this is the complete opposite of what they should do.

Although it may seem hard to just walk away, this is exactly what Sandgate Pest Control recommends. If the area continues to be disturbed the termites will flee the immediate vicinity, making identification and treatment difficult.

If you call Sandgate Pest Control, they will send out a technician free of charge, who will assess the area and advise you of the appropriate treatment.

If you suspect termites, or have questions about termite protection, call Sandgate Pest Control for some free advice.

**Ph 3269 6198**  
**admin@sandgatepest.com.au.**  
**www.sandgatepest.com.au**

**NINE**

**6.00** Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Paper Moon. (PG) 1973) Ryan O'Neal, Tatum O'Neal. A con man meets his match. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Animals Unexpected. **8.40** Movie: Cast Away. (M) 2000) Tom Hanks, Helen Hunt, Nick Searcy. A workaholic executive is stranded on a deserted tropical island after a plane crash. **11.35** Mom. (M) **12.05** 20/20. **1.00** Extra. **1.30** Danoz Direct. **2.00** The Gurus Explore Canada. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News. **5.30** Today.

**GO!**

**6.00** Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Movie: 3 Days To Kill. (M) 2014) **10.50** Two And A Half Men. (PG) **11.20** South Beach Tow. (M) **11.50** Undateable. (M) **12.15** Sonic Boom. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** PokéMon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

**SEVEN**

**6.00** Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 9. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 9. Quarter-finals. **11.30** The Goldbergs. (PG) The upcoming nuptials of Prince Charles and Diana inspire Beverly to plan her own vow renewal. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. Hosted by John Howard. **1.00** Grey's Anatomy. (M) Aware Derek might never operate again, Meredith stops talking about the surgeries she's performing. **2.00** Shopping. **4.00** NCIS. (M) New Orleans. (A) US Navy culinary specialist is the target of a bombing while visiting her family's restaurant in the French Quarter. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning. News, sport and weather.

**7TWO**

**6.00** Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Australian Open: Highlights. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Air Crash Investigation. (PG) **2.00** Mr Selfridge. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 9. Quarter-finals. **7.00** Nabbed. (PG) **7.30** Britain's Spending Secrets. (PG) **8.30** Endeavour. (M) **10.30** I Shouldn't Be Alive. (PG) **11.30** Tennis. 2005 Australian Open. Men's singles. Semi-final. Lleyton Hewitt v Andy Roddick. Replay. **2.00** Nabbed. (PG) **2.30** Auction Squad. **3.30** Dr Oz. (PG) **4.30** Mr Selfridge. (PG) **5.30** Late Programs.

**TEN**

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu! (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. First semi-final. **10.10** NCIS: New Orleans. (A) US Navy culinary specialist is the target of a bombing while visiting her family's restaurant in the French Quarter. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

**ONE**

**6.00** Home Shopping. **8.00** RPM: Summer Series. **9.00** A Taste Of Travel. (PG) **9.30** Merv Hughes Fishing. (PG) **Final. 10.00** Fishing Edge. **11.00** Moments Of Impact. (PG) **12.00** Hogan's Heroes. **12.30** The Biggest Loser USA. (PG) **1.30** Cricket. Women's Big Bash League. First semi-final. **5.00** World Sport. **5.30** M\*A\*S\*H. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. First semi-final. Hosted by Roz Kelly and Mark Howard, with commentary from Ricky Ponting and Damien Fleming. **7.30** 48 Hours. **8.30** 48 Hours. (M) **10.30** Backstrom. **11.30** Gang Related. (MA15+) **12.30** Home Shopping. **2.00** Cricket. Women's Big Bash League. First semi-final. Replay. **5.30** World Sport.

**ABC**

**6.00** News. **9.00** News Mornings. **10.00** One Plus One. **10.30** Australian Story. Final. **11.00** Tractor Monkeys. **11.30** Auction Room. **12.00** News. **1.00** Fake Or Fortune? **2.00** The School. (M) **3.00** The Cook And The Chef. **3.25** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. **6.30** The Checkout. **7.00** News. **7.30** **8.00** Outback ER. (PG) **8.30** Stephen Fry In Central America. (PG) **9.20** Joanna Lumley's Trans-Siberian Adventure. **10.10** Redesign My Brain With Todd Sampson. (M) **11.10** Call The Midwife. (M) **12.10** Soccer. W-League. Round 13. Western Sydney Wanderers v Canberra United. Replay. **2.25** Joanna Lumley's Trans-Siberian Adventure. **3.15** Late Programs.

**ABC2**

**6.00** Children's Programs. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **Final. 8.30** Tattoo Disasters UK. (PG) **9.15** Hard Time. (M) **10.00** Archer. (PG) **10.20** Peep Show. (M) **10.45** Reggie Yates: Inside The Billionaire's Wardrobe. (MA15+) **11.45** All Creatures Great And Stuffed. (PG) **12.35** Strippers. (M) **1.25** Peep Show. (M) **1.50** News Update. **1.55** Close. **5.00** Babar: Adv Of Babou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

**SBS**

**6.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Notre Dame De Paris. **3.35** How To Clone A Woolly Mammoth. (PG) **4.35** Music For Elephants. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Riding Britain's Railways. **8.30** My Brain Made Me Do It. (PG) **9.30** One Born Every Minute. (M) **10.30** SBS News. **11.00** Spring Tide. (MA15+) **11.50** Spring Tide. (M) **12.40** Movie: Agent Hamilton. (MA15+) **(2012)** **2.40** 24 Hours In Emergency. (M) **3.30** 24 Hours In Police Custody. (M) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

**SBS VLND**

**6.00** WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** The Feed. **5.30** If You Are The One. **6.35** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.35** The Feed. **8.05** Adam Ruins Everything. (PG) **8.30** Gaycation. **9.20** Big Night Out. New. **10.10** Movie: Hedwig And The Angry Inch. (MA15+) **(2001)** **11.50** VICE News Tonight. **12.20** The Feed. **12.45** Gaycation. **1.35** Gay Conversion Therapy. (M) **2.30** 365: Every Day Docs. (PG) **2.35** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.

**AUSTAR**

**MOVIES**  
**6.25pm Spy** (2015) Comedy. Melissa McCarthy, Rose Byrne, Jason Statham. (MA15+)

**8.30pm Carol** (2015) Drama. Cate Blanchett, Rooney Mara, Sarah Paulson. (M) **Premiere**  
**10.35pm Jurassic World** (2015) Action. Chris Pratt, Bryce Dallas Howard, Vincent D'Onofrio. (M) **Premiere**

**GENERAL**  
**8.30pm Alone.** (PG) A&E  
**8.30pm Baskets.** (M) Comedy Channel

**9.30pm Braquo.** (MA15+) Showcase

**DOCUMENTARY**  
**7.30pm China's Emperor Of Evil.** (PG) History

**8.30pm Air Crash Investigation.** (PG) National Geographic

**9.30pm Selling Houses With Amanda Lamb.** (PG) Lifestyle Home

**SPORT**  
**7.15pm Alpine Skiing.** World Cup. Women's Giant Slalom. First leg. Eurosport

**8.30pm NBA: The Jump.** ESPN

**11.30pm Volleyball.** Men's CEV Champions League. Group Stage. Day 5. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2401

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## NINE

**6.00** Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: My Week With Marilyn. (PG) (2011) Michelle Williams, Eddie Redmayne, Kenneth Branagh. A man befriends Marilyn Monroe. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBI. (PG) **8.30** 20 To One. (PG) **9.30** Chicago Med. (M) **10.30** Embarrassing Bodies Down Under. (MA15+) **11.30** Murder In The First. (M) **12.30** Anger Management. (M) **1.00** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.00** Beyleblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** BattleBots. (PG) **8.30** Airplane Repo. (PG) **9.30** Movie: National Lampoon's Loaded Weapon. (PG) (1993) **11.10** Two A Half Men. (PG) **12.05** Container Wars. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** PokéMon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 10. Quarter-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 10. Quarter-finals. **11.30** Autopsy. (MA15+) Dr Richard Shepherd examines evidence from the autopsy of former Playboy pin-up, Anna Nicole Smith. **12.30** The Real Seachange. Final. Suzy and her daughters find themselves struggling with their new life in tropical Queensland. **1.00** Formal Wars. (PG) Jessie has been tormented by bullies, so her mother sees her big night as a chance to rebuild her confidence. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. News, sport and weather.

## 7TWO

**6.00** Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Australian Open: Highlights. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** I Shouldn't Be Alive. (PG) **2.00** The Art Of The Architect. (PG) **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 10. Quarter-finals. **7.00** Nabbed. (PG) **7.30** Jonathan Creek. (M) **8.30** Inspector Morse. (M) **10.30** I Shouldn't Be Alive. (PG) **11.30** Tennis. 2005 Australian Open. Quarter-final. Lindsay Davenport v Alicia Molik. Replay. **2.00** Late Programs. **3.00** The World Around Us. **4.00** Late Programs. **5.30** Harry's Practice.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Second semi-final. **10.10** Hawaii Five-0. (M) The squad discovers a link to terrorism while investigating the murder of a pool cleaner. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Cricket. Big Bash League. First semi-final. Replay. Hosted by Roz Kelly and Mark Howard, with commentary from Ricky Ponting and Damien Fleming. **12.00** Hogan's Heroes. **1.00** Get Smart. (PG) **1.30** Cricket. Women's Big Bash League. Second semi-final. **5.00** World Sport. **5.30** M\*A\*S\*H. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Second semi-final. Hosted by Mark Howard, with commentary from Adam Gilchrist and Mark Waugh. **7.30** Attenborough's The Life Of Mammals. **8.30** Movie: The A-Team. (M) (2010) Liam Neeson, Jessica Biel, Bradley Cooper, Sharlto Copley. **11.00** Backstrom. **12.00** Home Shopping. **2.00** Cricket. Women's Big Bash League. Second semi-final. Replay. **5.30** Late Programs.

## ABC

**6.00** News. **9.00** News Mornings. **10.00** One Plus One. **10.30** Catalyst. **11.00** Tractor Monkeys. (PG) **11.30** Auction Room. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** The Book Club. (PG) **2.00** Stephen Fry In Central America. (PG) **3.00** The Cook And The Chef. **3.25** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. **6.30** The Checkout. **7.00** ABC News. **7.30** Australian Of The Year. **9.00** The 2016 Pub Quiz. (PG) **10.10** Wham Bam Thank You Ma'am. (M) **10.35** Fancy Boy. (M) **11.05** The Agony Of... (M) **11.35** The Weekly With Charlie Pickering. (M) **12.10** Rage. (MA15+) **4.15** Tony Robinson's Time Walks. (PG) **4.45** The New Inventors. **5.15** Pointless.

## ABC2

**6.00** Children's Programs. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** It's A Date. (M) **8.30** Movie: The Reef. (M) (2010) **9.55** Peep Show. (M) **10.20** Movie: Black Water. (MA15+) (2007) **11.45** Tattoo Disasters UK. (PG) **12.30** Catfish: The TV Show. (M) **1.15** Peep Show. (M) **1.40** News Update. **1.45** Close. **5.00** Babar: Adv Of Babou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

WEDNESDAY, JANUARY 25

AUSTAR.

**MOVIES**  
6.40pm America's Sweethearts (2001) Comedy. Billy Crystal, Catherine Zeta-Jones, Julia Roberts. (M) Romance

**8.30pm Hail, Caesar! (2016)** Comedy. Josh Brolin, George Clooney. (PG) Premiere

**10.10pm Australia (2008)** Drama. Nicole Kidman, Hugh Jackman. (M) Romance

**GENERAL**

8.30pm **Forged In Fire.** (PG) A&E  
9.30pm **Brooklyn Nine-Nine.** (M) Universal Channel  
10.30pm **The Tonight Show Starring Jimmy Fallon.** (M) E!

**DOCUMENTARY**

7.30pm **The Story Of China.** (PG) History  
7.35pm **Six By Sondheim.** (PG) Foxtel Arts

**9.30pm Hunting Hitler.** (PG) History

**SPORT**

7.00pm **Volleyball.** Australian League. Women's Gold Medal Match. Fox Sports 4  
8.30pm **Basketball.** College. Southeastern Conference. Tennessee v Kentucky. ESPN2  
10.00pm **Mike And Mike.** ESPN2

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **1.55** Who Do You Think You Are? **3.00** James Cameron's Deep Sea Challenge. (PG) **4.35** Ray Meas' Close Encounters. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Chinese New Year: Biggest Celebration. **8.30** Shaun Micallef's Stairway To Heaven. (PG) **9.35** Vikings. **10.30** Trapped. (MA15+) **11.30** SBS News. **11.45** Movie: Assassins. (2014) **1.40** Movie: Heart Of A Lion. (MA15+) (2013) **3.25** One Born Every Minute: What Happened Next? (M) **4.20** Food Lover's Guide. **4.55** Gourmet Farmer Afloat Bitesize. **5.00** CCTV English News. **5.30** Sunrise Ceremony.

## SBS VLND

**6.00** WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** The Feed. **5.35** If You Are The One. **6.35** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.30** The Feed. **8.05** Brooklyn Nine-Nine. **8.30** WeeDietette. (M) **9.00** WeeDietette. Final. **9.25** Movie: Mary Shelley's Frankenstein. (M) (1994) **11.40** Road To Mosul. **12.30** VICE News Tonight. **1.00** The Feed. **1.30** WeeDietette. (M) **2.00** WeeDietette. **2.25** Road To Mosul. **3.20** 365: Every Day Docs. (PG) **3.25** France 24 English News. **5.00** Korean News. **5.30** Indonesian News.

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2501

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**NINE**

**6.00** Today. **10.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Extra. **12.30** Cricket. One Day International Series. Australia v Pakistan. Game 5. Afternoon session. **5.00** Hot Seat. **5.30** Cricket. One Day International Series. Australia v Pakistan. Game 5. Evening session. **6.00** Nine News. **6.30** Cricket. One Day International Series. Australia v Pakistan. Game 5. Evening Session. Continued. **9.20** Movie: Rush Hour 3. (M) (2007) Jackie Chan, Chris Tucker. Lee has a connection with the underworld. **11.20** The Mysteries Of Laura. (M) **12.20** Anger Management. (M) **12.50** Extra. **1.20** Nine Presents. **1.30** TV Shop. **2.00** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

**GO!**

**6.00** Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Kevin Can Wait. (PG) **8.00** Two And A Half Men. (M) **8.30** Movie: Red Dog. (PG) (2011) **10.30** Balls Of Steel. (M) **11.45** Toy Hunter. **12.15** Sonic Boom. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** PokéMon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

**SEVEN**

**6.00** Sunrise. **10.00** Tennis. Australian Open. Day 11. Women's singles semi-finals. **6.00** News. **7.00** Tennis. Australian Open. Night 11. Men's singles semi-final and Magic Moments exhibition match. **11.30** The Goldbergs. (PG) Adam inadvertently gets Barry kicked out of the "cool group" at school. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** Bringing Sexy Back. (PG) Meet Australians undergoing the "ultimate" makeover, including former swimsuit model and mother of four, Paula. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

**7TWO**

**6.00** Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 11. Women's singles semi-finals. **10.00** NBC Today. **12.00** Dr Oz. (PG) **1.00** I Shouldn't Be Alive. (PG) **2.00** The Art Of The Architect. Final. **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Medical Emergency. (PG) **5.00** 60 Minute Makeover. (PG) **6.00** Tennis. Australian Open. Night 11. Men's singles semi-final and Magic Moments exhibition match. **7.00** Nabbed. (PG) **7.30** Some Mothers Do 'Ave 'Em. (PG) **8.30** Murdoch Mysteries. (M) **10.30** Suspects. (M) **11.30** 60 Minute Makeover. (PG) **12.30** Psychic TV. (M) **3.30** Dr Oz. (PG) **4.30** Auction Squad. **5.30** Late Programs.

**TEN**

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australia Day Concert. From the Sydney Opera House. **9.45** Law & Order: SVU. (M) A rape case involving two high school students challenges the detectives, as they work to protect the futures of the teenagers. **10.45** Blue Bloods. (M) **11.45** The Project. **12.45** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

**ONE**

**6.00** Home Shopping. **8.00** Cricket: Big Bash League. Second semi-final. Replay. Hosted by Mark Howard, with commentary from Adam Gilchrist and Mark Waugh. **12.00** M\*A\*S\*H. (PG) **1.00** Hogan's Heroes. **2.00** Get Smart. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Moments Of Impact. (PG) **8.30** Movie: Tracks. (M) (2013) Mia Wasikowska, Adam Driver. **11.00** Undercover Boss. (PG) **12.00** Epic Meal Empire. (PG) **12.30** Home Shopping. **2.00** Baffler MMA. (M) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG)

**ABC**

**6.00** News. **9.00** News Mornings. **10.00** Australia Day: Flag Raising And Citizenship Ceremony. **11.10** News Mornings. **12.00** ABC News At Noon. **1.00** Australian Of The Year. **2.30** To Be Advised. **3.00** The Cook And The Chef. **3.25** Movie: Cliffs. (PG) (2013) **5.00** News. **5.30** Tony Robinson's Time Walks. **6.00** QI. (PG) **6.30** The Checkout. **7.00** News. **7.30** **8.00** Would I Lie To You? (PG) **8.30** Crowded House Live At Sydney Opera House. (PG) **11.00** No Offence. (MA15+) Final. **11.50** Call The Midwife. (PG) **12.50** Would I Lie To You? (PG) **1.25** The 2016 Pub Quiz. (PG) **2.35** Golf. PGA Tour. CareerBuilder Challenge. Highlights. **3.30** No Offence. (MA15+) Final. **4.15** Tony Robinson's Time Walks. **4.45** New Inventors. **5.15** Pointless. Final.

**ABC2**

**6.00** Children's Programs. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. (PG) **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** It's A Date. (M) **8.30** Lost In Pronunciation. (M) **8.35** Gruen XL. (M) **9.20** Black Books. (PG) **9.45** Red Dwarf. (M) **10.20** Maximum Chappage. (PG) **10.50** Peep Show. (M) **11.15** Comedy Next Gen. (MA15+) **12.15** Movie: The Reef. (M) (2010) **1.40** Peep Show. (M) **2.05** News Update. **2.10** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

**SBS**

**6.00** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **1.55** Obama: Eight Years Of Power. (PG) **3.00** Living Black. **3.30** Nobel Peace Prize Concert 2016. **4.30** Nazis In The CIA. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Destination Flavour Singapore. **8.35** Royal Gardens On A Plate. **9.35** Midnight Sun. **10.40** Midnight Sun. **11.40** SBS News. **12.05** Magnifica 70. (M) **1.05** Movie: We Have A Pope. (M) (2013) **3.00** 14 Diaries Of The Great War. (PG) **4.00** Coasts Of Ireland. **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

**SBS VLND**

**6.00** WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** Man Vs Fly. (PG) **4.05** Daria. (PG) **4.35** VICE News Tonight. **5.05** The Feed. **5.35** If You Are The One. **6.40** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.30** The Feed. **8.00** Full Frontal. (M) **8.30** Black Market: Dispatches. (M) **8.55** Teen Exorcist. (M) **9.25** Movie: REC 3. Genesis. (MA15+) (2012) **10.55** VICE News Tonight. **11.25** The Feed. **11.55** Black Market: Dispatches. (M) **12.25** Teen Exorcist. (M) **12.55** Road To Mosul. **1.45** VICE. (M) **2.15** 365: Every Day Docs. **2.20** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.

**MOVIES**

**6.00pm Hotel Transylvania 2** (2015) Animation. Adam Sandler, Selena Gomez, Andy Samberg. (PG) **8.30pm Deadpool** (2016) Action. Ryan Reynolds, Morena Baccarin, T.J. Miller. (MA15+) **Premiere 11.55pm Unfinished Business** (2015) Comedy. Vince Vaughn, Dave Franco. (MA15+) **Comedy GENERAL** **7.50pm EastEnders.** (PG) UKTV **8.30pm Vikings.** (MA15+) FX **9.30pm State Of Affairs.** (M) Universal Channel **DOCUMENTARY** **7.30pm Conspiracy.** (PG) History **8.30pm Grand Designs: House Of The Year.** Lifestyle **9.30pm World's Deadliest Drivers.** (PG) Discovery Turbo **SPORT** **5.30pm Golf.** European PGA Tour. Qatar Masters. First round. Fox Sports 1 **5.30pm Basketball.** NBL. Round 17. New Zealand Breakers v Cairns Taipans. Fox Sports 3 **7.50pm Soccer.** A-League. Round 16. Melbourne Victory v Sydney FC. Fox Sports 4

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2601

Advertisement

## North Lakes Optometry News

North Lakes is continuously changing and North Lakes Optometry is no exception! Over ten years serving the communities of North Lakes and surrounding suburbs means we know you are busy and so we strive to make your interactions with our business smooth and easy!

### Website

We recently redeveloped our website - [www.northlakesoptometry.com.au](http://www.northlakesoptometry.com.au) Our new website is packed with information about North Lakes Optometry – our staff, our services, and our approach to Primary Eye Care. It also contains a lot of information about eyes and vision – why you should have your eyes checked regularly and the sort of things that can happen to your eyes during your lifetime. Check out the Blog for some more in-depth articles! It is now possible to request an appointment via our website. Just enter your appointment requesting a day and time – we'll get back to you to confirm!

### Facebook Page

You can also find us on Facebook. News and notices are posted regularly.

### Car Park Boomgate

Regular visitors to 12 North Lakes Drive will know that there is now a boomgate at the entrance and exit to the car park at the back of our building (access via Little Burke Street). This arrangement is to ensure that visitors to our building have convenient parking. Approach the entry barrier and it will automatically lift up to let allow your vehicle in. During your visit to the building you will be given the PIN number which allows you to exit the car park. This number is changed regularly.

Dr Simon Little is a therapeutically endorsed optometrist. He owns and operates North Lakes Optometry, the only 100% Optometrist-owned Optometry Practice in North Lakes. Located at 4/12 North Lakes Drive (diagonally opposite the St George Bank). Parking available behind the building): phone 3491 6786. [www.northlakesoptometry.com.au](http://www.northlakesoptometry.com.au)

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**3491 6786**

**NINE**

**6.00** Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: My Fellow Americans. (PG) **1996** Jack Lemmon. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Stop, Search, Seize. (PG) **8.30** Movie: Lethal Weapon 4. (M) (1998) Mel Gibson, Danny Glover, Jet Li. Two jaded Los Angeles detectives are assigned to capture a Chinese gangster working for the Triads. **11.10** Movie: Blown Away. (M) (1994) Jeff Bridges, Tommy Lee Jones, Lloyd Bridges. A bomber terrorises Boston. **1.30** TV Shop. **2.00** Great Getaways. (PG) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

**GO!**

**6.00** Children's Programs. **12.00** Steven Universe. (PG) **12.30** Clarence. (PG) **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: Return To Nim's Island. (G) (2013) **7.45** Movie: Valiant. (G) (2005) **9.15** Movie: The Animal. (M) (2001) **11.00** Mike & Molly. (PG) **12.00** Car SOS. (PG) **1.00** Thunderbirds Are Go. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

**SEVEN**

**6.00** Sunrise. **9.00** To Be Advised. **10.30** Dr Oz. (PG) **11.30** News. **12.00** Movie: Flirting With Forty. (PG) (2008) **2.00** Tennis. Australian Open. Day 12. Mixed doubles semi-final and women's doubles final. **4.30** News. **5.00** The Chase Australia. **6.00** News. **7.00** Tennis. Australian Open. Night 12. Men's singles semi-final. **9.30** Movie: Centurion. (MA15+) (2010) Michael Fassbender, Andreas Wisniewski, Dominic West. Roman soldier fight for their lives. **11.35** The Goldbergs. (PG) Pops moves in with the Goldbergs. **12.05** The Goldbergs. (PG) Beverly gets a teacher fired. **12.35** Formal Wars. (PG) Final. Hosted by Melanie Vallejo. **1.30** Harry's Practice. **2.00** Shopping. **4.00** Dr Oz. (PG) **5.00** Shopping. NBC Today.

**7TWO**

**6.00** Shopping. (PG) **7.00** It's Academic. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** The Great Outdoors. **2.00** The Real Seachange. **3.00** Auction Squad. **4.00** Deal Or No Deal. **4.30** Tennis. Australian Open. Day 12. Mixed doubles semi-final and women's doubles final. **7.00** Nabbed. (PG) **7.30** The Passenger Who Landed A Plane. (PG) A look at the story of John Wildey. **8.30** Escape To The Country. Jules Hudson heads to Carmarthenshire. **10.30** Before And After. **11.00** Storage Hoarders. **12.00** Auction Squad. **1.00** Psychic TV. (M) **4.00** Dr Oz. (PG) **5.00** Harry's Practice. **5.30** Shopping. (PG)

**TEN**

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** My Market Kitchen. **2.00** Ent. Tonight. **2.30** Ben's Menu. (PG) **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room: Summer Edition. (PG) **8.30** The Graham Norton Show. (M) Guests include Carrie Fisher, Grayson Perry, Sandi Toksvig and Nadiya Hussain. **9.30** The 2016 Montreal Comedy Festival. (M) Hosted by Joel Creasey. **11.00** The Project. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping.

**ONE**

**6.00** Home Shopping. **8.00** Operation Repo. (PG) **8.30** Reel Action. **9.00** Fish. **10.00** RPM: Summer Series. **11.00** Monster Jam. **12.00** M\*A\*S\*H. (PG) **1.00** Hogan's Heroes. **2.00** Get Smart. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Highlander. (PG) **11.30** Ripper Street. (MA15+) **12.40** Home Shopping. **2.10** Whacked Out Sports. (PG) **2.30** Hogan's Heroes. **3.00** Walker, Texas Ranger. (M) **4.00** MacGyver. (PG) **5.00** Highlander. (PG)

**ABC**

**6.00** ABC News Breakfast. **9.00** Plus One. **10.30** Catalyst. **11.00** Tractor Monkeys. (PG) Final. **11.30** Auction Room. **12.00** News At Noon. **1.00** Gardening Australia. **1.30** To Be Advised. **2.00** The School. **2.50** Catalyst Bytes. **3.00** The Cook And The Chef. **3.25** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** ABC News: Early Edition. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. (PG) **6.30** The Checkout. Final. **7.00** ABC News. **7.30** **7.30**. **8.00** A Taste Of Landline. **8.30** Vera. (M) **10.00** Julia Zemiro's Home Delivery. (PG) **10.35** Adam Hills: The Last Leg. (MA15+) **11.20** Rage. (MA15+) **5.00** Rage. (PG)

**SBS**

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** In The Frame. **2.30** In The Frame. (PG) **3.00** The Point Year In Review 2016. **3.25** Floyd's Fjord Fiesta. **4.00** Thai Street Food. **4.30** What's The Catch With Matthew Evans. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Great British Railway Journeys. **8.40** Movie: X+Y. (M) (2014) **10.45** SBS News. **11.15** Movie: The Skin I Live In. (MA15+) (2011) **1.25** Romanzo Criminale. (MA15+) **2.30** Romanzo Criminale. (MA15+) **3.30** Romanzo Criminale. (MA15+) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

**MOVIES**  
**6.05pm Man Of Steel** (2013) Action. Henry Cavill, Amy Adams. (M) Action  
**8.30pm Ant-Man** (2015) Action. Paul Rudd, Michael Douglas. (PG) Action  
**10.25pm Magic Mike XXL** (2015) Comedy. Channing Tatum, Joe Manganiello. (MA15+) Romance

**GENERAL**  
**8.30pm Rizzoli & Isles**. (MA15+) Showcase  
**8.30pm Sleepy Hollow**. (MA15+) FOX8

**9.30pm Wahlburgers**. (M) Arena

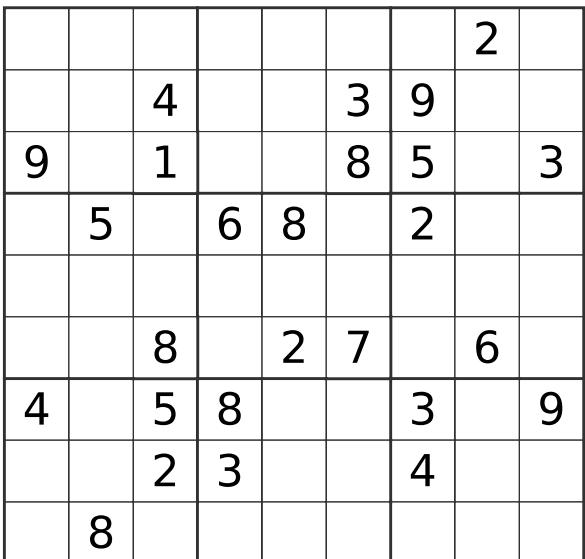
**DOCUMENTARY**  
**7.30pm Hair**. (PG) Lifestyle You  
**7.30pm No Asylum: The Untold Chapter Of Anne Frank**. (PG) History

**9.30pm Supercar Superbuild**. (PG) Discovery Turbo

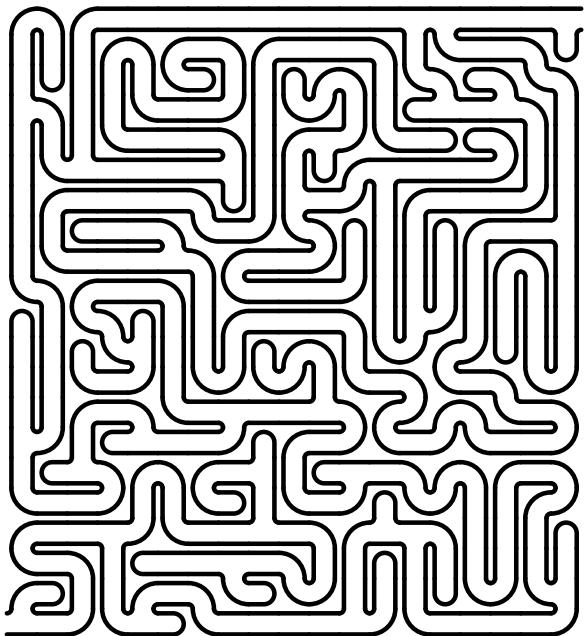
**7.45pm Soccer**. A-League. Round 17. Newcastle Jets v Melbourne City. **9.15pm Big Night Out**. **10.10pm VICE News Tonight**. **10.40pm Brooklyn Nine-Nine**. (PG) **11.10pm Detective Dee And The Mystery Of The Phantom Flame**. (M) (2010)

**1.25pm PopAsia**. **2.25pm VICE News Tonight**. **2.55pm VICE**. (M) **3.25pm VICE**. (M) **4.00pm 365: Every Day Docos**. **4.05pm NHK World English News**. **5.00pm Korean News**. **5.30pm Indonesian News**.

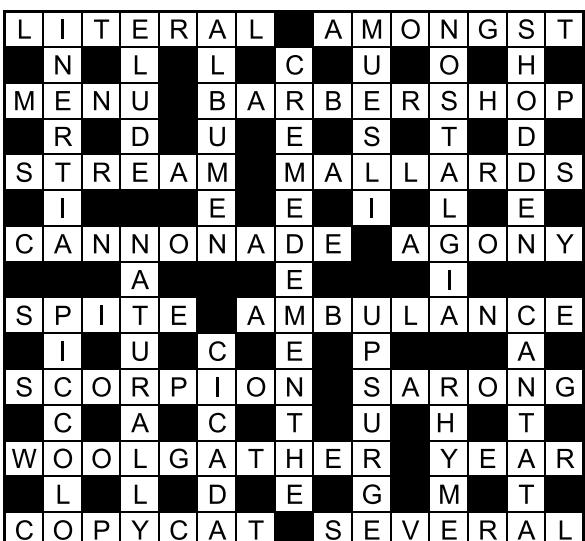
# SUDOKU



## AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE



# Crossword 6463

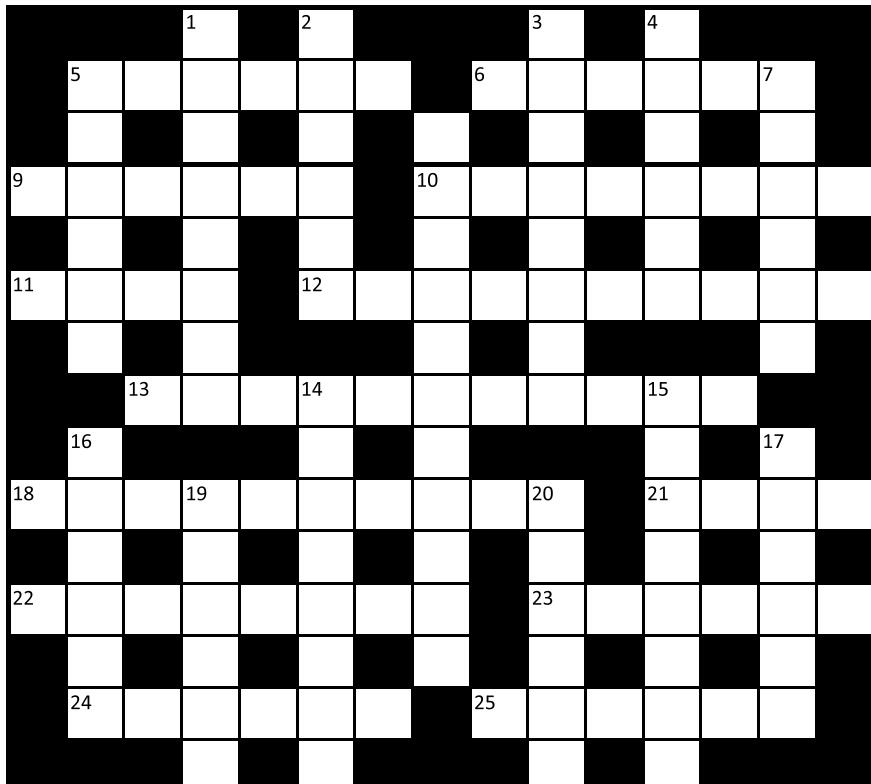
wordification kindly provided Laurie Stibbe

## ACROSS

- 5 Filled with astonishment
- 6 Go away (archaic)
- 9 Old world nocturnal canine
- 10 Shell of a tortoise or turtle
- 11 Showy and festive party
- 12 Sufficiently for the purpose
- 13 Time from puberty to adult
- 18 Extemporaneous
- 21 Osculate
- 22 One present at a meeting
- 23 See with attention
- 24 Spin bowler's delivery
- 25 Ski race around obstacles

## DOWN

- 1 Feeble-minded
- 2 Objects from real life
- 3 Music played at beginning of opera
- 4 Marionette
- 5 Pineapple
- 7 Fishing rig
- 8 Accoutrements
- 14 Relating to precious stone work
- 15 Informal term for the mouth
- 16 Combined or merged
- 17 Shelter from hardship or danger
- 19 South African antelope
- 20 Work in an amateurish manner



## COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

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The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: [community@northlakesmessenger.com.au](mailto:community@northlakesmessenger.com.au)

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



## What you need to know about the new smoke alarm rules

NEW LAWS REGARDING THE INSTALLATION OF PHOTOELECTRIC SMOKE ALARMS IN ALL QUEENSLAND HOMES CAME INTO EFFECT FROM 1 JANUARY 2017.

CHANGES FOLLOW THE RECOMMENDATIONS HANDED DOWN AFTER THE 2011 SLACKS CREEK FATAL HOUSE FIRE.

Passed in Queensland Parliament in August last year, the smoke alarm legislation was introduced to ensure the State's households are among the safest in the country.

"Smoke alarm laws have been overhauled in a bid to prevent a repeat of the tragic Slacks Creek fire that claimed 11 lives," Minister Ryan said.

"That devastating incident remains Australia's worst fatal house fire and no-one in Queensland will ever forget that dark day."

"This new legislation is an investment in fire safety. It means people will be alerted to house fires as early as possible, giving them the best chance of survival."

Under the new legislation, every Queensland residence will need to be fitted with photoelectric, interconnected smoke alarms in all bedrooms of the home as well as in hallways or between areas containing bedrooms.

Minister Ryan said a 10-year phased rollout of the legislation would give Queenslanders time to ensure they had the right alarms and they were correctly located and installed.

"From 1 January 2017, all smoke alarm installations will need to be fully compliant for new buildings or when significant renovations occur," he said.

"Private dwellings will be required to comply with the full smoke alarm requirements within 10 years and all houses leased or sold will need to meet compliance within five years."

Minister Ryan said any smoke alarm being replaced after 1 January, 2017 must be a photoelectric type alarm.

"When it comes to alerting people early to fires, research supports photoelectric, interconnected smoke alarms as the most effective," he said.

"An interconnected alarm system means that if you are asleep it doesn't matter what part of the house the fire starts in, the alarm in your room will alert you.

"This is a life-saving overhaul to Queensland's smoke alarm systems means we are leading the country with these reforms."

Queensland Fire and Emergency Services (QFES) Commissioner Katarina Carroll said QFES worked closely with the State Government to develop the legislation.

"QFES has long recommended photoelectric, interconnected smoke alarms to be hard-wired into homes and the decision to mandate this in what is the strongest legislation of its kind in the country, will see more Queensland lives saved," Ms Carroll said.

"Although some residents will have up to 10 years to comply with the changes, everyone should take action to update their alarm systems as soon as possible and make sure their new alarms comply with Australian Standard AS3786 for photoelectric smoke alarms.

"Residents are also advised to review their fire escape plans. We want everyone to have the all-important conversation about how your family will escape your home in the event of a fire.

"When a smoke alarm sounds, you need to know what to do. You may have as little as 15 seconds to enact your fire escape plan.

"Talk to your friends, flatmates and neighbours too - it could be the difference between life and death."

QFES has a free Safehome program where Queenslanders can request a visit from local firefighters who will advise them of the best locations for smoke alarms and suggest other fire safety initiatives around the home. To request a Safehome visit call 13QGOV or visit <https://www.qfes.qld.gov.au/community-safety/freeprograms/Pages/safehome.aspx>

More information on the smoke alarm legislation can be found at <https://www.qfes.qld.gov.au/community-safety/smokealarms> and <https://www.qfes.qld.gov.au/community-safety/smokealarms/documents/QFES-InfoSheet-SATypes.pdf>. Further information about fire escape plans can be found at <https://www.qfes.qld.gov.au/fireescape/>

PRIVATE DWELLINGS WILL BE REQUIRED TO COMPLY WITH THE FULL SMOKE ALARM REQUIREMENTS



22 Grampion Circuit, North Lakes

\$580,000

**SOLD**



39 Markwell Crescent, Mango Hill

\$791,000

**SOLD**



1/32 Lister Street, North Lakes

\$356,000

**SOLD**



26 Abercrombie Street, Mango Hill

\$525,000

**SOLD**



57 Grampion Circuit, North Lakes

\$379,000

**SOLD**



110 Possum Parade, North Lakes

\$616,000

**SOLD**

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3 2 2

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For Sale

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Mango Hill 25 Grassway Street



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Rothwell 38 Waterlilly Court



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North Lakes 27 Shimao Crescent



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3491 7180

# QBCC to keep eagle-eye on suspected illegal phoenixing

THE QUEENSLAND BUILDING AND CONSTRUCTION COMMISSION (QBCC) WILL BE KEEPING A WATCHFUL EYE ON SUSPECTED ILLEGAL PHOENIXING ACTIVITY IN THE WAKE OF THE COLLAPSE OF THE BUILDER CULLEN GROUP AUSTRALIA PTY LTD.

Illegal phoenixing is when a company transfers its assets to another company to avoid debt responsibilities. It financially harms employees, contractors and consumers.

Chair of the Queensland Building and Construction Board (QBC) Dick Williams, said that the use of pre-packaged liquidations had become commonplace in the industry and he had instructed the QBCC to maintain a watching brief on any suspected illegal phoenixing.

"We have a situation here where subcontractors and suppliers have been left in the lurch for tens of millions of dollars," Mr Williams said.

"If these hard working people have had their lives and livelihoods put through the wringer as a result of underhanded corporate gamesmanship, then people should be held to account."

"I've sought the Commissioner's assurance that any suspected illegal phoenixing is referred to the appropriate regulatory agency. To that end, he has informed me that the QBCC has already referred allegations of illegal phoenix activity against the Cullen Group to the Australian Securities and Investments Commission (ASIC)".

QBCC Commissioner Brett Bassett said the organisation would provide any assistance required to ASIC.

"The QBCC maintains the register of all licensed builders in Queensland and any person who wishes to apply for a new QBCC licence, will be appropriately scrutinised.

"If people have concerns about phoenixing they should contact the QBCC or ASIC directly," Mr Bassett said.

Mr Williams said that a bunch of



bad apples using underhanded corporate tactics was reflecting badly on what is a strong and important industry.

"I have been around the construction sector for a long time, and the people who build this State are good hard-working people.

"We can't let a minority of people, who think they have licence to behave without basic morals and decency, hurt confidence in this sector.

"The new QBC Board is committed to making sure that construction in Queensland is run in a way that is open, transparent and fair."

The QBCC can be contacted on 139 333, 24 hours a day.

ILLEGAL PHOENIXING  
IS WHEN A COMPANY  
TRANSFERS  
ITS ASSETS TO  
ANOTHER COMPANY  
TO AVOID DEBT  
RESPONSIBILITIES

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SOLD

SOLD

SOLD



SOLD FOR \$610,000

260 OLD GYMPIE RD, CABOOLTURE



SOLD FOR \$610,000

260 OLD GYMPIE RD, CABOOLTURE

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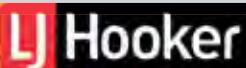
These last remaining apartments will not last long so call me today to arrange your private inspection Saturday/Sunday and evening inspections welcome.



Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au

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5 2 2



North Lakes 14 Turnstone Circuit 4 2



Mango Hill 5 Gordon Crescent 3 2

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Tony & Nadine Wilkie  
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Ray White North Lakes | Mango Hill

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Elle Evans  
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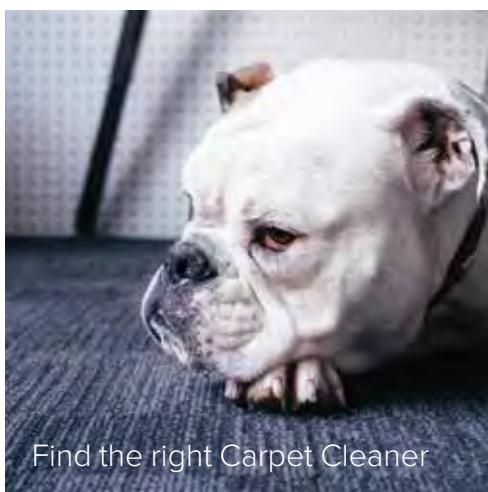
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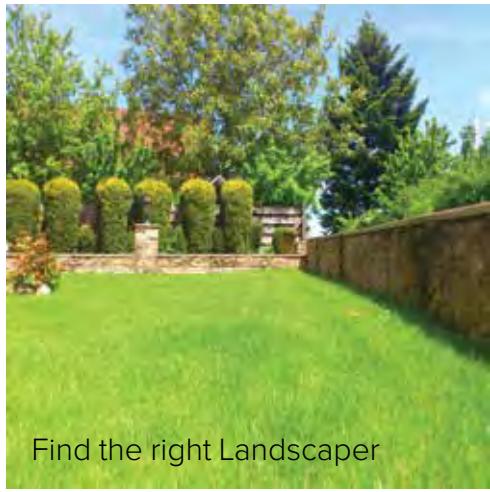
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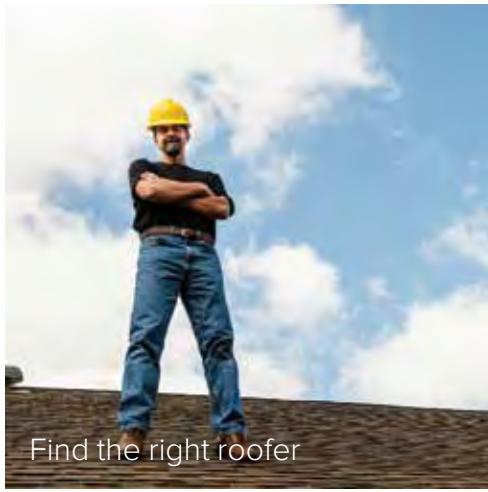
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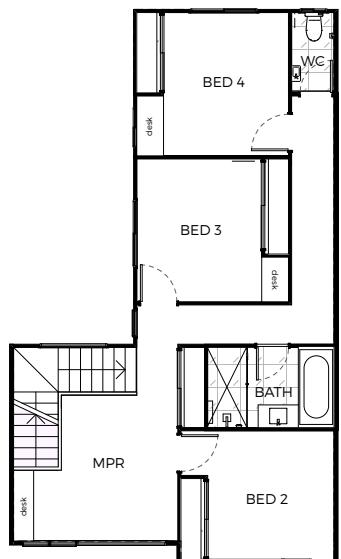
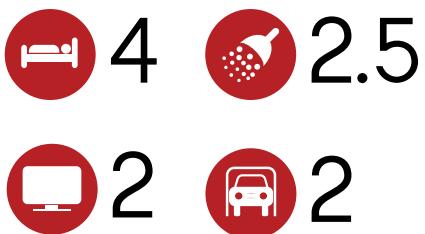
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